



Makes 4 cups
Preparation Time: 20 minutes

INGREDIENTS:

1 lb. broccoli rabe or 1 head
broccoli

3 tablespoons toasted sesame
seeds

2 shallots, thinly sliced

½ cup roughly chopped fresh
cilantro

1 scallion, thinly sliced

1 tablespoon grated fresh ginger

2 cloves garlic, minced

Sea salt, to taste

Ginger-Sesame Broccoli Rabe Salad

Tender broccoli rabe (pronounced broccoli rob) gets bright and nutty flavor from minced ginger and toasted sesame seeds in this verdant side dish, which is a perfect accompaniment to any **Thai**-inspired meal. This often-underused veggie looks like broccolini but is a closer cousin of the turnip. Bitter when raw, its flavor softens when **blanched**. Toss with shallots, cilantro, scallions, raw garlic, ginger, and sesame seeds, and serve! Chopped tomatoes and cucumbers also work well in this dish. Seek out young ginger for a mellow flavor.

Tips

Broccoli rabe substitute: **Broccoli**, broccolini, Chinese broccoli (gai lan), green beans, or asparagus are great substitutes for broccoli rabe.

Variations: Substitute 1 tablespoon tahini for half of the sesame seeds for a saucier texture. (This will increase the fat a bit.) Or substitute 2 tablespoons roughly ground unsalted roasted peanuts for the 3 tablespoons sesame seeds. For a lower-fat option, reduce the sesame seeds by half.

For more inspiration, check out these tasty ideas:

- [Bok Choy in Ginger-Garlic Sauce](#)
- [Sautéed Chinese Greens Trio](#)
- [Thai Grain Bowls](#)
- [Easy Thai Noodles](#)

By Cameron Stauch

- 1 Fill a large bowl with ice water. Bring a large pot of water to boiling. Trim an inch from the tough base of broccoli rabe stems and discard. (If using broccoli, cut into long bite-size florets.) Boil 5 minutes or until completely tender. Using tongs or a slotted spoon, transfer broccoli rabe to ice water until cool. Drain, then gently squeeze to remove as much water as you can. Roughly chop the stems into 3-inch lengths. (Leave the broccoli florets as is, if using.) Transfer to a medium bowl.
- 2 Roughly grind sesame seeds with a mortar and pestle (or pulse them three or four times in a clean electric coffee grinder). Add two-thirds of the ground sesame seeds to bowl with broccoli rabe; toss to coat.
- 3 Add remaining ingredients to bowl. Gently massage salad (or aggressively stir with the tongs) 15 seconds. Transfer to a serving dish and sprinkle with remaining ground sesame seeds.